

# MADDY LOW SLAYS HER INNER DEMONS WITH "DRAGONS"

## A STRIKING ACOUSTIC PORTRAIT OF PERFECTIONISM AND PRESSURE

At just 18, New Zealand singer-songwriter Maddy Low proves she's not afraid to confront the emotional weight many young creatives carry. Her latest single, "Dragons," is a powerful acoustic ballad that strips away artifice and lays bare the quiet war between ambition and overwhelm. Vulnerable, poetic, and deeply personal, the track cements Low's emerging voice as one marked by raw honesty and thoughtful introspection.

While the world around her rushes toward automation and AI-generated content, "Dragons" makes a compelling case for the irreplaceable depth of human songwriting. The track channels the specific into the universal, resonating with anyone who's ever felt crushed beneath self-imposed expectations—or tried to do it all, alone.



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Anchored by delicate acoustic guitar, the production slowly unfurls with carefully layered piano, synth pads, and ghostly vocal harmonies, mimicking the rising intensity of a perfectionist spiral. Low's lyrics paint emotionally vivid scenes: "My feet are sinking further into melting hardwood floors" and "You can't lift the brick that's laying heavy on my chest." The song's emotional center lands in a haunting chorus: "You can't slay the dragons I have planted in my head."



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Mastered by Jamal Ruhe (known for his work on Phoebe Bridgers' "Waiting Room"), the song builds into a swirl of wordless vocals and emotional tension before gently resolving an arrangement that mirrors the push and pull of anxiety and self-awareness.

"Dragons" doesn't just explore the challenges of perfectionism; it gives them a voice. With lyrical precision and musical elegance, Maddy Low captures the essence of what so many young artists face today—creative pressure, isolation, and the myth of having to do it all. It's a song that doesn't offer easy answers, but instead invites listeners to sit with the discomfort, the way only great songwriting can.



**"Dragons is about the feeling you get when you're drowning in your own unhealthy need to do everything yourself," Low explains. "It deals with the struggles of perfectionism and the way it feels like no one can help you."**

